

The 13-item Coping Scale (4 = *Mostly true about me*; 3 = *Somewhat true about me*; 2 = *A little true about me*; 1 = *Not true about me*)

Item No.	Item	4	3	2	1
1	When dealing with a problem, I spend time trying to understand what happened				
2	When dealing with a problem, I try to see the positive side of the situation.				
3	When dealing with a problem, I try to step back from the problem and think about it from a different point of view.				
4	When dealing with a problem, I consider several alternatives for handling the problem.				
5	When dealing with a problem, I try to see the humor in it.				
6	When dealing with a problem, I think about what it might say about bigger lifestyle changes I need to make.				
7	When dealing with a problem, I often wait it out and see if it doesn't take care of itself.				

8	When dealing with a problem, I often try to remember that the problem is not as serious as it seems.				
9	When dealing with a problem, I often use exercise, hobbies, or meditation to help me get through a tough time.				
10	When dealing with a problem, I make jokes about it or try to make light of it.				
11	When dealing with a problem, I make compromises.				
12	When dealing with a problem, I take steps to take better care of myself and my family for the future.				
13	When dealing with a problem, I work on making things better for the future by changing my habits, such as diet, exercise, budgeting, or staying in closer touch with people I care about.				